| | | | | | | Source: Chef Monique Hooker | | | |
|--|-------------------|--|---|--------|---|--|---------|---|--|
| RECIPE NAME: Harvest Apple Crumble Grade Group: K-12 | | | | | | HACCP Process: | | | |
| Number of Portions: 24 | | | | | | ☐ #1 No Cook | | | |
| Portion Size: 1 muffin | | | | | | ☐ #2 Cook & Serve Same Day | | | |
| | | | | | | → □#3 Includes cooling step | | | |
| Serving Utensil: | 1 | | | | | 1 | | | |
| Servings Per Pan: | | | | | | | | | |
| Ingredients: | | Wei | ight | Measur | e | Proce | edure: | | |
| Zucchini, grated Carrots, grated Dry Ingredients Sugar All-purpose flour, unbleached Whole wheat flour Baking powder Baking soda Nutmeg or cinnamon Salt Wet Ingredients Eggs, whole, large Canola oil Applesauce Apple Filling Apples Sugar Lemon juice Whole wheat flour Cinnamon | | 34 lb 1/2 lb 1/2 lb 1/4 lb 1/2 lb 1 1/2 Tbs 1 1/4 lb 5 lbs | 1/2 lb 1/2 lb 1/4 lb 1/2 lb 1 1/2 Tbsp 1 Tbsp 1/4 tsp 1/4 tsp 1/4 cup 1/2 cup | | | Preheat the oven at 350. Drain the zucchini well. Mix carrot and zucchini. Mix all the dry ingredients in a large bowl. Mix all the wet ingredients in another bowl. Fold the wet ingredients into the dry alternating with the vegetables Filling Peel, core and sliced apples. Place with rest of the ingredients in a large bowl, mix well. Line muffin pan with paper cups if making individual or spray cake pan. Divide apple mixture evenly among cup or cake pan. Top it with muffin mix to fill 2/3 way up. Bake in a 350 oven for about 35-40 minutes. Remove and let cool. Notes These freeze well. Can also be done in sheet pan and cut into squares. You may also add grated apple instead of zucchini. | | | |
| Total Yield | | Numbe | Number of Pans: | | | Equipment (if not specified in procedures above): | | | |
| Weight: | Measure (volume): | Pan Siz | Pan Size: | | | | | | |
| | | | | | | | | | |
| Meal Component Contribution Based on Portion Size | | | | | | | | Nutrient Analysis Based on Portion Size | |
| Meat/Meat Alternate | | | | | | r | | Calories: 198 | |
| Vegetable Subgroups | | D/G | B/P | R/O | S | | O | Saturated Fat (g): 0.6 | |
| | | | | ½ cup | | | 1/8 cup | Sodium (g): 290 | |
| Fruits | | 3/8 cup | 3/8 cup | | | | | | |
| Grains | | 1 oz eq. | 1 oz eq. | | | | | | |